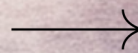


Catalog
2026-2027



Ancient Vedic Knowledge

A spiritual, Hindu religious school named after Divine protector Lord Narayana and Vedic (from ancient Hindu scriptures called the Vedas) with the sacred mission to provide affordable online and hybrid Vedic Education, including Ayurveda, Vastu, Yoga, and Ritualistic Herbalism. We also offer affordable consultations, energy work, and aim to create a community and school by women and for women. [Read More](#)



PROGRAM LIST

Certificate Course List

- 1 Vedic Ayurveda Lifestyle Coach 100 hours
- 2 Vedic Counseling & Yogic Spiritual Guidance for the Mind-100 Hours
- 3 Vedic Womens Lifestyle Coach- 50 Hours
- 4 Vedic Herbalist & Ancient Healing- 150 Hours
- 5 Vedic Ayurveda Lifestyle Counselor-600 Hours
- 6 Vedic Nutrition and Plant Based Cooking-25 Hours
- 7 Vedic Narayana Nadi Energy System & Rituals- 25 Hours
- 8 Introduction to Vedic Astrology- 25 Hours
- 9 Vedic Vastu, the origin of Feng Shui-25 Hours



<https://www.learn-ayurveda.com/>

Vedic Wisdom for the Modern Lifestyle using principles of Yoga, Vedic Astrology, Vastu, Meditation, Ayurveda, Nadi Energywork, Nutrition Plant Based Cooking and Vedic Herb and ancient healing rituals.

****Namaste.**** 🙏



Vedic Ayurveda Lifestyle Coach

12 weeks 100 hours

Pre requisites-High School Diploma

Discover a transformative journey that bridges timeless Vedic knowledge from ancient scriptures with modern well-being. This training empowers you to guide others toward balance, health, and self-realization using the profound system of Ayurveda and Vedic Coaching.

Training Format Live Zoom classes twice a week + asynchronous audio & video recordings Optional: 1-day in-person workshop

VAC 101 – Introduction to Vedic Coaching & Ayurveda

This foundational module explores daily routines (Dinacharya) and core Ayurvedic principles adapted for modern lifestyles. [Read More]

VAC 102 – Vedic Cooking & Ayurvedic Nutrition

This is a unique **6-week plant-based cooking class** with a deep focus on Ayurvedic recipes, the six tastes (Rasa), food energetics, and personalized meal planning.

Includes hands-on labs & practicum:

- Doṣa Clock – Understanding Digestion & Agni related to 24 hour clock
- Doshic Body Map- Sthanam of Doshas
- Vedic MyPlate: Plant-based meal plans for Vata, Pitta, and Kapha applied into a Vedic Myplate
- Custom recipes tailored to doshas and prakṛti (individual constitution)
- Choose 1: Rituals, Mantras & Intentions **OR** Narayana Nadi Workshop in person
- Coaching Tips: Daily Routine & Seasonal Routine (Ritucharya) using Ancient Wisdom wisdom
- Create an Intake form for assessing doshic state

Investment: \$900 if paid in full in advance or 3 monthly installments of \$330


Auditing option available for live Zoom classes. See website for full details and registration.

NARAYANA

INSTITUTE OF

VEDIC ARTS &
SCIENCES





Vedic Counseling & Yogic Spiritual Guidance for the Mind

12 weeks 100 hours

Pre-Requisites- Vedic Ayurveda Lifestyle Coach

Program Overview In ancient India, seekers turned to the eternal wisdom encapsulated in the Vedic texts and scriptures to cultivate clarity of mind, resolve karmic patterns, and live in alignment with dharma. Rooted in the ancient Vedic and Yogic scriptures of Sanatana Dharma, this experiential program offers profound spiritual guidance for the mind and consciousness.

Students explore Manas-Prakriti (Vedic mental constitution), the five koshas, karmic baggage and samskaras, the three gunas (Sattva, Rajas, Tamas), and the sacred relationship between mind and Atma. Through Sattva-vajaya Chikitsa — sacred rituals, meditations, prana cultivation, and timeless teachings drawn from the Ramayana and Mahabharata — participants learn to cultivate sattvic clarity, resolve karmic impressions, embody Maryada (righteous conduct), and live dharma in daily life.

This training prepares graduates exclusively for vocations as spiritual counselors, offering Yogic guidance for mind and consciousness within temples, ashrams, gurukulas, and faith communities.

Note: This is a pastoral and spiritual development program rooted in Vedic and Yogic tradition. It is offered for educational and devotional purposes only and does not constitute medical, psychological, or licensed professional advice.

Experiential Curriculum (Weekly Zoom Sessions + Optional In-Person Workshop)

Week 1-2: Vedic Mental Constitution & The Layers of Self

- *Manas-Prakriti – Understanding individual mental nature and cultivating clarity, purposeful action, and freedom from inertia*
- *The five koshas – How the layers of mind and body shape experience and evolve through sadhana*
- *Relationship between mind and Atma – The eternal Self beyond mental fluctuations*
- *Practices: Introductory meditations and prana cultivation*

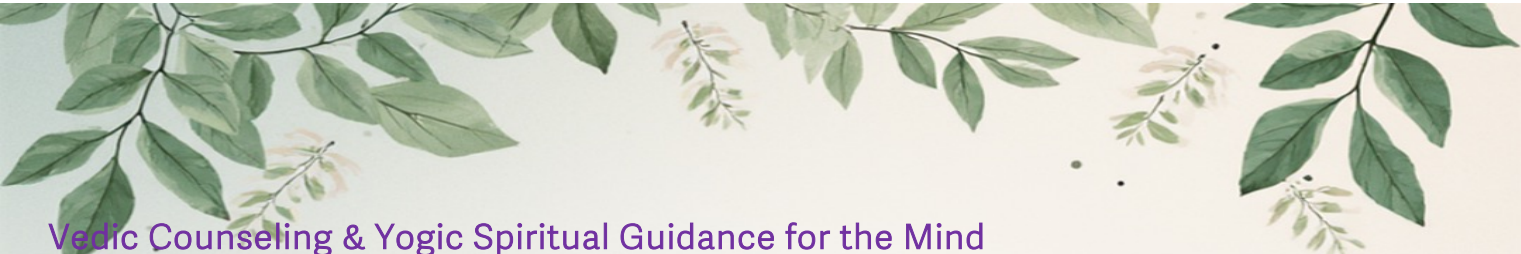


NARAYANA

INSTITUTE OF

VEDIC ARTS &
SCIENCES





Vedic Counseling & Yogic Spiritual Guidance for the Mind
12 weeks 100 hours



Week 3-4: Karmic Patterns, Samskaras & The Three Gunas

- *Karmic baggage and samskaras – Impressions from this life and previous lives that influence the mind*
- *The three gunas (Sattva, Rajas, Tamas) and their effect on thoughts, emotions, and behavior*
- *Sattva-vajaya Chikitsa – Ancient techniques to increase sattva and reduce tamas/rajas*
- *Practices: Ritual and mantra work to begin resolving karmic impressions*

Week 5-6: Maryada, Ethical Boundaries & Scriptural Wisdom

- *Maryada – Righteous conduct and personal boundaries inspired by Maryāda Puruṣottama Śrī Rāma*
- *Teachings and stories from the Ramayana and Mahabharata applied to modern spiritual challenges*
- *Cultivating dharma in relationships and daily life*
- *Practices: Devotional meditations and guided reflections on epic teachings*

Week 7-8: Yoga Cikitsa and Nadi

- Yoga as spiritual sadhana, Nadi energywork, meditation, and pranayama practices to cultivate prana, calm the mind, and support sattvic consciousness. Final project: Create a devotional session or ritual for mind and consciousness guidance*
- *Optional: 1-day in person workshop and/or Goddess Circle or mentorship day in Gainesville, Florida*

Week 10-12- Integration & Spiritual Application

- *Advanced Sattva-vajaya Chikitsa – Combining sacred rituals, different types of meditation, prana practices, Vastu for sacred space, and Vedic Astrology for karmic insight*
- *Holding spiritual space as a Vedic minister or counselor*
- *Designing simple rituals and guidance sessions for temple/ashram or community service.*

•Training Delivery

- Live Zoom classes three times per week
- Asynchronous audio & video recordings for flexible review
- Optional 1-day in-person workshop
- One-to-one mentorship available
- Auditing option for live Zoom classes (no certificate or homework grading)

Cost \$900 if paid in full in advance, or 3 monthly installments of \$330.

Auditing option available. See website for full details and registration.



VEDIC Womens Lifestyle Coach

Pre Requisites- High School Diploma
Summer 2026- 50 Hours

This 6-week sacred initiation program by women and only for women trains students in the devotional art of supporting women through the holy transitions of life according to Vedic and Ayurvedic scriptures. Rooted in Sanatana Dharma, the program focuses on moon cycles, yoni harmony, spiritual postnatal renewal, and menopausal ascension as sacred rites of passage. Students learn to serve as Vedic spiritual guides, offering gentle guidance through rituals, mantras, herbal offerings to the Divine Mother (Goddess Earth), meditation, and sattvic plant-based nourishment. The program is delivered in a hybrid format: 6 weeks of live Zoom classes + optional in-person Goddess Circle for deeper immersion and devotional practice.

Begins May 6, 2026.

Embrace Your Sacred Feminine Journey:

- 6-Weeks on zoom,
optional in person Goddess circle
This is a Vedic Ayurvedic initiation to
 - ✦✦ Sacred Moon Cycles and Menstrual Harmony
 - ✦✦ Vedic Hindu Samskaras and Rituals for Pregnancy & Post Partum women
 - ✦✦ Sacred Rituals & Herbs for Perimenopause & Menopausal ascension
(Learn to guide gently with intentions, rituals, mantras, offerings to Goddess Earth, herbs, meditation, and plant-based nourishment, through the transitions, monthly cycle and mood mapping diet and herb support.)

Sample Curriculum

Week 1: Sacred Moon Cycles & Menstrual Harmony

Vedic understanding of the lunar calendar and women's connection to Chandra (the Moon)
Moon cycles as divine rhythm and dharmic timing
Yoni and menstrual harmony through scriptural principles Mantra sadhana, gentle rituals, and offerings for monthly balance Mood mapping, intention setting, and sattvic diet as devotional practice
Practical: Creating personal or group menstrual rituals and altar offerings. Creation of Herbal Teas and Infusion for Moon Cycle.





Vedic Herbalist & Ancient Healing 15 weeks 150 hours



Pre Requisites- Vedic Ayurveda Lifestyle Coach
12 weeks 100 hours

Join us in exploring the sacred herbal alchemy and ritualistic wisdom preserved in the ancient Vedic scriptures. Learn how to marry preparation of sacred herbs into kalpanas and infuse them through devotional rituals. We will dive into mantra-infused preparations, and the holy art of sourcing and offering spices and herbs, this training prepares to serve the Goddess and mother earth and seek her blessings as you prepare ancient vedic herbs as a formula. The idea is to use this knowledge for sattvic living and deeper alignment with dharma.

Training Format Live Zoom classes twice a week + asynchronous audio & video recordings Optional: 1-day in-person workshop

VH100- Kitchen Herbs & Spices 25 Hours

This is a unique **class** with a deep focus on Ayurvedic kitchen herbs and recipes. We'll dive into a selection of 20 essential kitchen herbs, examining their energetics, and focus on mixing of these herbs for creating churnams, condiments, and teas. This class is a mix of live zoom and labs.

VH101– Introducton to Vedic Herbalist and Ancient Healing 25 Hours Students would be introduced to 20 Sacred herbs from Vedic texts, and how to use them and turn them into formulations as well as the mantras and rituals associated with them.. In this engaging class, you'll explore the fascinating world of Vedic Herbology (we call it Vedic Dravyology) and uncover the unique distinctions and commonalities between Western, Vedic, and Ayurvedic herbs. This class is a mix of live zoom and labs.

VH102 – Bhava Prakasha Nighantu 50 Hours

Bhavaprakasha Nighantu is a 16th century AD Vedic Text on ancient vedic diets, and herbs. It is considered an important work in history of Ayurveda and is part of the Laghu trayi, a triad of minor authoritative works in Ayurveda. The theory will also introduce students to other ancient vedic healing verses from like Caraka Samhita, Sharangadhara Samhita and Bhashajya Ratnavali. This is a lecture based class online on zoom.

VH 103- Bhashajya Kalpana 50 Hours

This final module is an Students will learn about ancient plants described in the Vedic texts along with their energetics. This class is mostly labs and creation of vedic dravyas. This class is only mostly labs and experiential.



Lab1 Gardening, botany, mantras and rituals for harvesting, and creating teas and spice mixes

Lab 2 Creation of topical herb salves, hair oil, massage oil and nasya oil from local plants and kitchen herbs.

Lab 3- Herbal Ghrita and Lehyams (Ayurvedic Jams)'

Lab 4- Vatikas and Gutikas

Lab 5- Goddess rituals and creation of herbal formulas and elixirs for women

Includes hands-on labs & practicum:

Investment:

Application fees- \$25

Tuition only- \$900 if paid in full in advance

OR 3 monthly installments of \$330

Cost of Herbs, Manuals and in person workshop Materials- \$150

(If attending online, students are required to buy their own materials online.)

Auditing option available for live Zoom classes. See website for full details and registration.



Scan the QR code

VEDIC Ayurveda Counselor Certificate



AUGUST 2026

12-14 Months & 600 Hours

"Rooted in the eternal scriptures of Sanatana Dharma — Caraka Samhita, Ashtanga Hradyam, and Bhava Prakasha Nighantu — this Vedic program offers sacred study in nadi and marma energywork, ritualistic herbalism, Vedic plant-based cooking as offering, Vedic Counseling for the Mind, Yoga as sadhana, Vastu, Vedic Astrology, and devotional support for women.

Students will learn aspects of the ancient wisdom of Vedic Counseling through a purely spiritual lens rooted in Sanatana Dharma. This program immerses students in the sacred teachings of healing of mind, body, spirit, and past life karma through wisdom from Atharava veda, Srimad Bhagavatam, Bhagavad Gita, Caraka Samhita, Ashtanga Hradyam, and Bhava Prakasha Nighantu, along with devotional energywork through nadi and marma points.

Training modules include:

- Vedic Ayurveda Foundations through a spiritual Lens
- Vedic plant-based cooking as ritual and offering
- Ritualistic Vedic herbalism
- Vedic Counseling for the Mind and Yogic Spiritual Guidance
- Introduction to Yoga as spiritual sadhana
- Vastu principles for sacred spaces
- Vedic Astrology for karmic insight
- Vedic support for women in alignment with dharma
- Vedic rituals, nadi energy work, and devotional practices
- Vedic Vastu and Feng Shui
- Introduction to Sanskrit
- Introduction to Meditation and rituals
- Vedic Face Reading and Divination
- Studying of Ancient Scriptures- Bhagavad Gita, Srimad Bhagavatam, Charaka Samhita, Bhava Prakasha, Madhava Nidan and Sharangadhara Samhita.



The program is offered in a flexible hybrid format: online classes combined with optional in-person workshops and one-to-one Vedic mentorship in Gainesville, Florida. Students may begin with the online portion and complete the full 600-hour training within 14 months. Zoom lectures will finish in 12 months, student has the option to complete the asynchronous portion and assignments within 12-14 months.

Tuition begins at \$200 per month for 12 months, or \$2150 if paid in advance. For the online-only option, in-person workshops start at \$20 per hour.

Auditing option available. Please contact us for more details.

SHORT Seminars & Webinars

Introduction to Vedic Astrology

25 Hours

Introduction to Vastu (Indian Feng Shui)

25 Hours

Vedic Narayana Nadi Energy System & Rituals

25 Hours

Vedic Nutrition & Plant Based Cooking

25 Hours

1 hour webinars on zoom

\$20 -\$25

Vedic Mentorship in person

\$20-\$30 per hour

🌍 What You'll Learn:

The Short Seminars may be offered as zoom webinars online and/or

At a yoga studio or a temple in Alachua or Gainesville Florida over two different weekends or one intensive weekend. .

Online Cost- \$125

In person Cost- \$250

1 Hour webinar- From \$20



NAMASTE

CATALOG
2026-2027





Application form

Application fees

Enroll today and secure
your spot in our vibrant
community!

<https://learn-ayurveda.com>

